

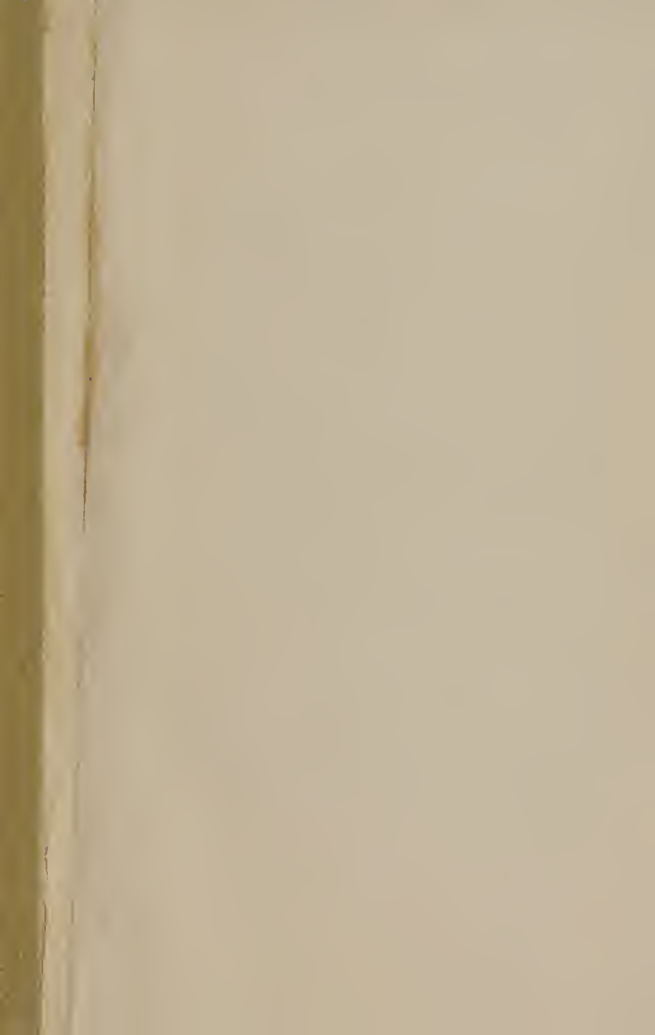
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PROSPECTIVE  
MOTHERHOOD  
BY  
CALVIN WESLEY SMITH, M. D.

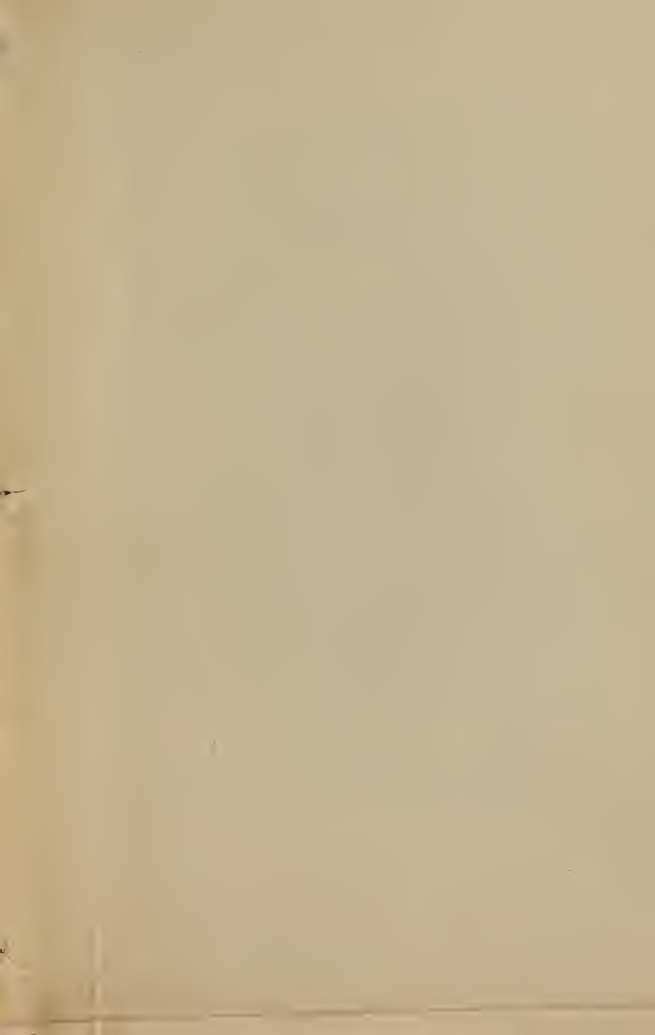
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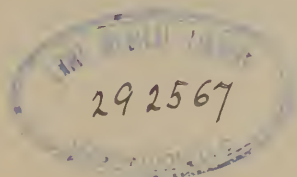




Sincerely Yours  
Calvin Wesley Smith

# Prospective Motherhood...

By  
Calvin Wesley Smith, M. D.



The Journal Printing Company  
Muscatine, Iowa

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DEDICATED TO THE  
PARENTS  
OF OUR COUNTRY.





## Preface

After an experience of twenty years in general practice of medicine, in a city of ten to fifteen thousand people, with a special liking for obstetrics and the treatment of children, and a sincere and feeling sympathy for the mothers of our country, in their anxious and in many cases distressing days of gestation and painful hours of labor, and a sincere wish to palliate the former and render less painful the latter, and a further desire to furnish such information and suggestions as will enable them to preserve their health rather than have them seek advice as how to regain it when once impaired, this book with the best wishes of its author is offered to you.

CALVIN WESLEY SMITH, M. D.



## CHAPTER I.

While conception may take place without menstruation, it generally follows a menstrual period and usually during the first ten days after, though not limited to this period. In reckoning the time of expected confinement, the first day of last menstrual period is taken. See table.

### SIGNS OF PREGNANCY.

Suppression of menstruation.

Morning sickness.

Changes in the breasts.

Changes in the abdomen.

Quickening.

Quickening. — That period of gestation when the motion of fœtus first becomes perceptible. These several changes will be considered to the period of quickening. The twentieth week or middle of period of gestation.

While suppression of menstruation gives rise to a suspicion of conception, it is not conclusive. It may be due to other causes — the most frequent one, the new relation of married

life. One or more periods may occur after conception, and occasionally may be regular during the full time. If suppression is present and due to conception, it would be wrong and injurious to take or do anything to bring on menstruation, the many drugs that are taken deranging the digestive organs and productive only of harm. If due to other causes than conception, the taking of drugs and other measures to bring on menstruation are uncalled for and injurious, for menstruation could only come after the maturing of a germ in the ovary and the same being cast off and if not arrested by conception menstruation would appear at regular period.

Morning sickness.—May appear any time after conception, and may continue only a few weeks or the full time, varying in degree from a slight distress to a severe affliction. Not always present. I have known several cases where the expectant father was the sick one, and this the first intimation of pregnancy, the prospective mother enjoying entire freedom from this symptom, and were this the universal rule things would be more evenly divided.

Diet and care will have much to do in preventing and relieving this symptom. The food throughout the period of gestation should be simple and nutritious, taken at regular hours, avoiding all excesses. The longings may be gratified, but let it be by taking the craved article moderately and at intervals. Generally speaking it is not the particular article that does the harm, but an immoderate amount taken at one time.

If sickness has been coming on after arising in the morning, take a cup of hot coffee or cocoa with a few crackers while in bed, later a light breakfast, resting thirty minutes after eating, thus allowing digestion to properly begin. Soft boiled and poached eggs with toast, the cereals—oat meal and rolled wheat with cream—fruits, and a glass of milk and lime water (two parts milk and one part water.) These, varied from morning to morning, will furnish a suitable breakfast.

To prepare lime water:

Slaked lime, 2 ounces,

Water, 1 gallon.

Mix and keep in bottles well corked. Use the clear liquid.

Dinner should be the principal meal of the day. Meats may be used once a day and preferably for dinner, varied from beef, mutton and fowls, with fish occasionally for a change, these with vegetables and fruits are suitable. Avoid fried dishes, rich puddings and pastries.

Let tea be the lightest meal of the day, and if the interval between tea and breakfast is too great, a glass of milk and lime water taken hot or cool as preferred at bed time will be proper. Butter and cream may be used freely. Should coffee disagree, avoid its use.

Sexual intercourse should be thought of as a cause of the sickness or aggravating the same.

Constipation may be a factor and if so, should be overcome with diet and exercise if possible. Two or three figs eaten at bed time will assist. Should it persist, take a tablet of No. 1 at bed time, and repeat in the morning if needed, having a regular hour and paying strict attention to calls of nature. Constipation exits frequently from carelessness in neglecting the calls of nature. The use of injections of warm water to which add a teaspoonful



of glycerine, taken at a regular hour each morning, in quantity of a quart to a half gallon, or all the bowels will retain, injecting the water slowly, will prove beneficial. These measures if persisted in will overcome this trouble.

If after attention to these suggestions sickness persists take a powder of No. 2 before breakfast.

Changes in the breasts.—The changes in the breasts following conception are increase in size, firmer to the touch, tenderness on pressure with darting pains, nipples and areola (circle around nipples) darker, with papilla enlarged, and at times a slight exudation. Discoloration most marked in first pregnancy. For the tenderness bathe the breasts night and morning with olive (sweet) oil or cocoa butter. Wear the clothing loose so that there will be no pressure. Should corset cause irritation discard it, wearing in its place a well fitting waist, laced back and front so that it can be adjusted to the gradual development of the body.

Changes in the abdomen.—For a time after conception as the womb increases in size and

weight it desends in the pelvis, pulling down, and in the navel or umbilicus and flattening the abdomen. Later the womb increases in size, rising out of the pelvis and by time of quickening shows an enlargement in lower part of abdomen.

Women anxious to be mothers have observed and felt, as they thought, these symptom and yet pregnancy did not exist, mistaking the movements of gas in the intestines for quickening, and there have been cases where wardrobe has been prepared, nurse and physician engaged, and yet pregnancy did not exist.

In other cases where from various causes pregnancy is not desirable, suppositions are greatly magnified and a supposed case of pregnancy is built up and none existing.

Pruritus (itching) of the vulva (entrance to vagina) while not a sign of pregnancy may be present and at times very annoying. For the relief of this, use injections of water as warm as can be borne, with a teaspoonful of pulverized borax added to each half gallon of water used, or if this fails of relief use the warm water with fifteen drops of carbolic acid to each half gallon of water. Either of these

may be used twice a day or oftener if needed for comfort, bathing the external parts between times or after urinating if required for relief.

While advising the free use of the syringe, have one of your own, neither borrowing nor loaning, for the indiscriminate using of another's syringe may be the means of carrying disease and do much mischief. It may be used any time when there is a discharge present and if used during and after painful menstruations will afford much comfort, always using water as warm as can be borne. When not in use hang up to drain.

During the time the womb is low in the pelvis may cause bladder and urethral troubles, causing a desire to urinate often, with a burning sensation. The use of the syringe as before mentioned and bathing with the solutions will relieve this. If urine is of high color with odor pronounced use of the following as a drink:

R. Uva Ursi Leaves,  
Buchu Leaves.

Each one ounce. Mix. Add desertspoonful to a quart of boiling water, cover and let

steep. May use this freely, the quart in twenty-four hours, either warm or cool as preferred.

While the womb occupies this lower level in the pelvis, sexual intercourse is likely to bruise and irritate it, causing serious disturbances.

## CHAPTER II.

During the latter half of period of gestation, the breasts gradually develop, the abdomen increases in size and as the womb ascends the navel will protrude and motion of child will increase in force.

If the abdominal muscles do not yield to the increasing womb, causing a feeling of restriction and distress, take a warm sitz-bath (sitting in a vessel of water) laving water freely over abdomen, drying with a course towel, then anoint abdomen night and morning with camphorated oil.

R. Camphor Gum, 1 ounce,  
Olive Oil, 4 ounces.

All clothing should be worn loose, carrying all weight from the shoulders either by waist or suspenders. Let the stocking supporters come from the shoulders, at no time wear the circular elastics, as they restrict the circulation. If corset has been worn and it now causes distress discard it.

If after being on the feet there is a bearing down and distress in lower abdomen, lie down

and with the hands applied low, slowly and gently lift the womb up. This movement may be assisted by lying with the hips elevated, as on the head of the lounge, or by assuming the knee-chest position on the floor. On retiring for the night the same may be repeated, securing thereby a good night's sleep.

Should abdomen be large and protruding an abdominal support of some kind will afford relief, a towel with a fold or two of one edge to prevent the stretching and slipping up, placed under abdomen and carried back over hips and secured, will afford a good support and add to one's comfort.

If veins become distended in lower extremities, forming varicose veins, on retiring at night after lifting the womb up to relieve the pressure on parts, have the limbs gently rubbed from the feet toward the body. This will empty the congested veins and give them rest for the night.

Hemorrhoids (piles) may occur and be a source of much annoyance. All the suggestions as to proper care of self in the way of overcoming constipation, preventing congestions of parts by wearing clothing loose and

the changing of position of womb as suggested to take pressure from the pelvis, and allow a free return circulation are the best means to prevent them. If present, bathe them with warm water freely, then apply a solution of No. 12, dissolved in four ounces of soft water for relief of pain and may wet a soft cloth with solution and apply to them.

In some cases there is swelling of the feet and ankles, and should the swelling extend to or above the knees, should consult your physician for same, as this may result from pressure restricting the circulation through the kidneys and if not corrected may cause trouble before, during or after labor.

The suggestions before given as to relief of constipation, the relaxing of the abdominal muscles, clothing worn loose, the womb lifted up from pelvis, are the best measures to prevent this condition.

If headache is frequent or severe take a tablet of No. 11 on its first appearance keeping quiet for awhile. These tablets may be used any time for headache.

Exercise in the open air daily should be a part of every pregnant woman's daily habit,

inclement weather only excepted and a few days each month corresponding with what would have been a menstrual period did pregnancy not exist, provided, being on the feet and exercising at that time causes a weight and distress through pelvis.

Walking is the best form of exercise, always stoping short of fatigue and if one has not been previously exercising regularly, should begin moderately and gradually increase the amount of exercise daily taken. In this day of the general use of the wheel will pass my opinion on its use during pregnancy. It would not be the proper time to begin, but to one accustomed to using it may continue same, unless experience teaches it is injurious, avoiding rough roads, hills, excessive use and fast riding. It is not so much the use but the abuse of the wheel that causes trouble.

In doing your work of whatever character have system in it. Arrange that each day shall be equal to the other, thus avoiding overdoing. Especially avoid worrying. So arrange your work that the work requiring you to be on your feet does not all come the same day. A frequent change of work by



changing position, thus bringing into use other sets of muscles is restful. If possible plan to have a portion of each day devoted to recreation.

Time usefully and pleasantly spent will direct thoughts from self and will exercise a good influence over the developing child. Let your reading be of a character to entertain and instruct, avoiding all trashy or sensational literature. If musically inclined, do not neglect your music.

Hours for sleep should be regular and in number to feel rested and refreshed on waking. The sleeping apartment should be comfortable and well ventilated. In cold weather a suitable plan for ventilation is to have a board three to four inches wide, in length to fill the width of the window frame, raise lower sash, place board in position, then lower sash on board. This leaves an opening between upper and lower sash and prevents draughts.

Begin the preparation of the wardrobe for the expected guest in time, so as to have everything in readiness and not be hurried. Do not use the sewing machine too steady or to excess, avoiding its use during what would

have been a menstrual period.

I will suggest what would be a suitable and comfortable suit. This will vary somewhat as to the season of the year. In warm weather : a ribbed cotton shirt with long sleeves, a linen or cotton band, a cotton flannel diaper, a pinning blanket of outing cloth, and over these a loose garment of outing cloth with long sleeves and a draw string at neck. For cold weather : substitute a fine woolen shirt with long sleeves, a flannel band, a flannel pinning blanket. No starched garments at any time. This dress is sufficient for the first two weeks and better if used the next two weeks or even longer.

As time advances and size increases and weight is felt, it is well to lie down at intervals during the day for rest. Sometimes for two weeks before labor, the womb having reached its greatest size, there is a gradual relaxation and settling of the parts with a feeling of relief.

For a period of three weeks before expected confinement, night and morning with the thumb and fingers draw out the nipples so that the baby may be able to get

hold of them. Bathe them night and morning with a powder of No. 5 dissolved in two ounces of soft water. This will prepare them for and prevent their getting sore when nursing.

Avoid exposure to smallpox, scarlet fever, measles and other contagious diseases during the period of pregnancy, as they are likely to bring on miscarriage during the early months or premature labor later, with danger to the mother and child. If unavoidably exposed to smallpox, vaccination should be had unless recently vaccinated. A child may have these diseases at birth or the disease develop soon after.

The popular idea that frights and seeing unsightly objects are the cause of birth marks, deformities and arrest of development is not well founded. While they should as far as possible be avoided, should they occur banish them from the mind and take no worry from or over them.

There is no way of controlling the sex.

## CHAPTER III.

The products of conception may become detached and pass away at any time during gestation. Up to the time of viability, the beginning of the eighth month, we designate their passing away a miscarriage. I would use the term abortion to cases when gestation is wilfully terminated. During the balance of term of gestation if before time, a premature birth. Should it take place early, might be taken for a delayed menstruation. Later may have clot form about it and pass away with a slight hemorrhage and some pain and unless the clot is broken down and carefully examined contents will be overlooked. Later the sack may rupture, foetus escape and the membranes be retained. If so, pain and hemorrhage will continue and there is danger till the womb is fully emptied, for if any portion of the membranes remain, may decay, be absorbed and blood poisoning result.

The symptoms of a threatened miscarriage are a sense of weight and fullness through the

pelvis, hemorrhage with intermitting pains. Most likely to take place before quickening and at what would have been a menstrual period did conception not exist. Having once taken place is more liable to occur and at about same time of gestation.

The suggestions heretofore given if observed as to care of self in manner of clothing, habits, avoiding all excesses, arranging work so as to be off the feet or on them as little as possible at the time corresponding to a menstrual period, and remembering the use of the sewing machine is to be avoided at this time lessens the liability of a miscarriage. On the appearance of the first symptoms lying down and if pain does not cease take a tablet of No. 3, repeating in an hour if still pain and keeping quiet for a few days will ordinarily prevent miscarrying. Should hemorrhage and pain continue with blood clotted and these of good size would indicate the detachment of the membranes to the extent that gestation could not continue, remain in bed and if hemorrhage is severe take a pill of No. 9, repeating in two hours, then one every four hours if needed to control hemorrhage. If pain is

severe take a tablet of No. 3 every two hours to control same, carefully examining every thing passed and saving them for inspection by the doctor if one is called.

After a miscarriage, ten days should be spent in bed, keeping the bowels regular by use of injections of warm water. If this fails, take a tablet of No. 1 at night, repeating in the morning if required. Use vaginal injections morning and evening with fifteen drops of carbolic acid to each half gallon of water used. As warm as can be borne. Take a pill of No. 9 every six hours when awake for three or four days. I deem it fully as essential to remain in bed after a miscarriage as after a labor at full time. Many a woman can date her ill health from a miscarriage, and this from a lack of proper care at the time.

There is an idea prevalent that a seven months' child may live, and that an eight months' one will not. A child born at seven months may live and the nearer the time of gestation is complete after this time the more likely is the child to live, as the development is nearer completion.

## CHAPTER IV.

Having considered the signs of pregnancy and the most common annoyances of the period, with suggestions as to their relief and general care to be had for the period, with the preparations for the coming event, will consider the event itself.

There is usually a period varying from two weeks to a few hours, indicating approaching labor. The womb with its contents having reached its greatest size, its encroachment on the other organs cease. The tissues relaxing allows a gradual settling of the womb. This may cause more or less distress when on the feet, with a desire to urinate often, passing but little at a time. With increased vaginal secretion and may be occasional shooting pains. In some cases a partial discharge of the water with a dribbling afterwards. Sometimes pain through upper part of womb and back, false in character and very annoying, preventing rest and sleep. These may occur several times. For the relief of these take a tablet of No. 3 and may repeat in an hour if

still pain. Pains thus stopped are not of the character to complete labor. Frequently for twenty-four to forty-eight hours preceeding labor there is a free discharge of mucus tinged with blood, called the show. In other cases no marked preliminary symptoms; may retire as usual and be woke up either by a sudden gush of water or pain and find labor on.

The room in which you are to be sick should be of good size, well ventilated, without draughts. The bed should set out from the walls so that air may circulate freely around it. In preparing bed, place a piece of oilcloth not less than a yard square on right side of bed and over sheet, then cover this with a pad or folded sheet and over this place ten to a dozen sheets of newspapers covered with a pad or sheet and if this last becomes damp and soiled can replace with a dry one as often as needed and in this way be made comfortable. All cloths to be used about person and bed should have been recently washed and thoroughly boiled, well dried and neatly cared for before using. Keep the clothing smoothly folded and well up under the back to prevent soiling, thus avoid-



ing a change after labor is over when rest and quiet is most needed.

If bowels have not moved recently use an injection of warm water and empty them. This will prevent pain and the annoyance of having them move during labor. Should it be necessary to get up to vessel, may ask attending physician to retire from the room for a time, notifying him when in bed again.

From proper hands I feel chloroform in labor is safe and I know it saves much suffering. In first stage a little before each pain takes the rough edges off, later can have it more freely and at the last to unconsciousness. In engaging your physician inquire if he gives chloroform at such times.

## CHAPTER V.

Labor is divided into three stages. The first from its beginning to the dilatation or opening of the mouth of the womb. The second stage from completion of dilatation to the expulsion of the child. The third, delivery of the afterbirth. It is not possible to foretell the duration of labor.

During the first stage the pains gradually increase in force and frequency. During this stage may sit up in chair or walk about the room. If two tablets of No. 3 have been used an hour apart and pain continues increasing in force and frequency, take a tablet of No. 4 an hour after second one of No. 3. No. 4 not to be repeated under four hours. This will allow dilatation to proceed and with less pain. During this period voluntary efforts in the way of holding the breath, contracting the abdominal muscles with the feet pressing against foot of bed or other objects and the pulling with the arms avail nothing, but on the contrary exhaust the strength and courage before the time when they would do good.

During second stage of labor, should remain in bed, unless necessary to be up to vessel. As the child's head descends, will cause pressure on bladder with a desire to urinate often, passing but little at a time. It is not proper to get up during a pain. May change position from back to side (left side preferable.) If this stage is prolonged, womb may tire out and pains cease for a time allowing a little refreshing sleep, when the pains will return with more vigor. Should they still remain weak and inefficient, take a pill of No. 9 every hour to invigorate them. Applying rubber waterbag partly filled with water as warm as can be borne over the abdomen, one or two thickness of flannel intervening. May take a little nourishment if needed, a glass of hot milk the best. Thirst may be quenched with cold water in not too great a quantity at one time. It is during this stage voluntary efforts assist expulsion. The feet pressing against the foot of the bed or some other support, the attendant holding the hands, with a full breath the abdominal muscles are fully contracted and thus the expulsive force of the womb as-

sisted. When the child's head is low down in the vagina and pressing on the external parts, suspend your violent voluntary efforts and allow these parts to dilate gradually, else if labor forced too rapidly parts will tear, which will be a source of future trouble. In some cases laceration will occur however great care is exercised. And it is well to have them repaired at once. In slow labors and when pains are feeble, after dilatation is fully completed or the child's head is delayed in the vagina, the use of the forceps in skillful hands by assisting labor will save much suffering.

The child having been expelled wrap it in a diaper and over this some woollen garment, laying it on right side, always having an opening to its face so that it may breathe freely. When the pulsation in cord ceases tie it about one-half inch from the navel and cut close to the tie.

After the expulsion of the child, the completion of the second stage, there is usually a period of rest while the womb is contracting on the afterbirth. By this contraction hemorrhage is arrested and the afterbirth expelled.

Expulsion will be assisted by taking a full breath and contracting the abdominal muscles. After the afterbirth is expelled the womb may be felt as a hard mass about the size of the baby's head and while thus contracted there is no danger from hemorrhage; and to keep the womb contracted apply a rubber bag filled with water as warm as can be borne over abdomen, one or two thickness of flannel intervening and renew water as often as it cools, and take a pill of No. 9 every four hours, the first one soon after child is expelled. By keeping the womb well contracted prevents clots and after-pains. If after-pains present, take a tablet of No. 3 and repeat in an hour if needed, then at longer intervals as required for pain. After-pains do not usually follow the first confinement.

If left to me the mother does not wear a bandage, feeling she is better without it.

After the expulsion of the afterbirth, or before if it is delayed a time, the baby may have a thorough oiling with sweet oil or lard and its eyes well bathed with a powder of No. 7 dissolved in two tablespoonsful of soft warm water. If this is properly done will

prevent the sore eyes which in some cases are serious. After the baby is oiled, lay in a warm place, while the mother is receiving attention.

Should labor be completed before the arrival of the doctor, set the afterbirth aside that he may examine it and see that no part is retained, for if any part remains is likely to decompose and set up blood poisoning.

Remove all soiled cloths from the bed, replacing them with dry and warm ones. With water as warm as can be borne with comfort cleanse the body and be sure to remove all clots from person and several times a day with warm water cleanse the parts, changing cloths as often as soiled. Cleanliness here is very important. Renew water in bag as often as it cools. If feet and limbs cool or cold, keep artificial heat to them, and if during labor they are cold keep them warm.

## CHAPTER VI.

The mother having received the proper attentions, the baby may have another oiling, then wipe it off with a soft cloth and repeat the oiling and wiping till the excretion is removed, when oil again and dress without wiping the oil off. To cleanse the scalp oil freely and with a fine comb remove the excretion. The baby thus cared for, oiled and wiped off and dressed after oiling for ten days or two weeks will fare and thrive better than with a general bath daily. Of course the soiled parts may be bathed and for this use a solution of borax.

The room should be darkened and the mother allowed to rest after labor. If exhausted, a little light nourishment will refresh her. Exclude company not only the first day or two but during the lying-in period. Company disturbs rest and sleep and if the baby is disturbed leaves it restless and fretful to the disturbance of the mother. The mother should not use her eyes while in bed, for reading, sewing or any other purpose, lest

they receive permanent injury.

If the baby has been kept warm and its position changed (remember that while the baby was within the womb surrounded by a fluid it could change its position at pleasure and in some cases pleased to do so often) from side to side to rest it and it is still fretful and the mother is not too weary, place it to the breast, that it may early learn the source of its nourishment and relieve the breasts of their secretion, which will comfort the mother and be nourishment and a laxative for the baby. If after emptying the breasts the baby is fretful feed it with a teaspoonful of cream to two of water with a little sugar. Brown sugar is laxative; white sugar constipating. The baby should be put to the breasts once or twice in the twenty-four hours till the milk comes, nursing only a little while, five to ten minutes, this to keep it in practice, then if fretful should be fed to satisfaction with the cream and water. Little babies cry mostly from hunger and being cold. After milk comes, nurse at regular intervals. Some babies can go longer between times of nursing than others. In some cases do not get milk



enough to satisfy for only a little time, and should this be the case, feed between times of nursing so as to allow a better supply of milk at time of nursing.

Do not allow the baby to form the habit of lying on the mother's arm and with the nipple in its mouth. If supply of milk is plenty ten to fifteen minutes is sufficient time to nurse, and I know of nothing that will so weaken the mother and prevent a restoration to health as over-nursing or nursing when there is no milk. Tends to make nipples sore and painful and the breasts painful after the milk is taken. I consider it better to feed in part with the cream and water if the milk is insufficient than to attempt to increase or stimulate the mother's milk with food and drinks. If the baby is to be fed in whole or part artificially it is better to use a rubber nipple (one fitting over mouth of bottle) than to feed with a spoon.

After each nursing bathe the nipple with a powder of No. 5 dissolved in two ounces of soft water. This will prevent the nipple getting sore and is equally good for the baby's mouth.

For the calls of nature I have allowed my patients to get up to vessel, having hot water in it, placing the vessel on a stool or something to raise it even with the bed, then when the limbs are brought off the bed and protected from the cold, she may be placed over the vessel with little of her effort. This allows free drainage from the vagina and many cannot urinate lying down. A board with a proper opening placed over a slop jar makes a very comfortable arrangement.

The use of warm vaginal injections to which fifteen drops of carbolic acid is added to each quart of water used will prove a comfort as well as a preventative to disease. May use night and morning. Can have water ready and use when up over vessel or take same in bed placing a tin wash basin under the hips to receive the return water, or the hips may be brought to the edge of the bed and over an oil cloth, thus carrying the water into a vessel.

If the mother's bowels do not move by thirty-six hours, may use injection of warm water to move them. Should this fail, give a tablet of No. 1 every four hours till they

move; then a tablet at night, repeating in the morning if needed to regulate the bowels.

When the milk comes, if the breasts are full and tender bathe them with olive oil or cocoa butter. All rubbing should be gentle and from the base to the nipple, then cover them with cotton batting in the summer and flannel in the winter, and if breasts are large, weighty and sagging, causing a feeling of fullness and distress, lift them in place and maintain them there by a well-fitting waist. If more milk than the baby can use, may have excess drawn with breast pump, avoiding bruising them. Frequently when the milk comes the vaginal discharge is lessened for a few days to increase again. It is not necessary to have a free discharge any of the time.

The mother has the privilege of moving about the bed and turning from back to sides for a change, and should she after a few days, for a change and rest, sit up in bed for a little while, not to fatigue, have back well supported by an inverted chair or board leaning against head of bed; but she should not lift and handle the baby. The nurse should give and take the baby away after nursing.

If the baby does not pass water in twelve hours after birth give it three to four drops of sweet spirits of nitre in a little water every two hours till it urinates. If bowels do not move in same time give it an injection of warm water; bowels will not retain enough to do any harm. If after a day or two baby's passages are light or greenish in color and every diaper is soiled, give it a powder of No. 8 every four hours when awake till five are taken. May repeat these in a few days or a week if same condition is present.

The baby should not be laid on its back or the same side all the time but position varied, as the bones of the skull are soft and yield readily to pressure.

The nourishment of the mother while in bed should be simple and nutritious, varied as to individual tastes and from meal to meal.

If everything has gone well, will feel so well, will be anxious to get up and about before the proper time has elapsed. Do not do it, for your future health, comfort and happiness depends on a good getting up and when once up and about, your duties begin with the additional cares of a mother. The changes that

should take place in the womb and other organs are arrested and the return to health prevented, and once these organs are diseased are tedious and difficult to relieve, to say nothing of the additional expense and suffering. The tenth day is early enough to sit up if everything has gone well and then only for awhile fore and afternoon and not long enough to feel the fatigue. The fourteenth day is early enough to be on the feet, then lay down awhile apart of each fore and afternoon for rest. May lay down to nurse the baby and thus get the needed rest. Avoid stairs for at least six weeks. If cannot have bed room on first floor arrange on coming down stairs in the morning to not return till time for retiring and have baby carried up and down stairs for you.

Mothers should pass through the period of gestation, labor and the lying-in without impairment of the general health, but to do this requires knowledge, thoughtfulness and care. When we consider a period of nine months has been required for this development, is it reasonable to feel the parts can be restored to their normal condition in as many days?

## CHAPTER VII.

In some cases when the milk has been scant while in bed, will increase when up and about. In others the reverse, an abundance while in bed decreasing when up and around. As the baby ages demands more food and this may account for a seeming deficiency.

In nursing have time as regular as may be. There can be no set rule as to length of time between nursings, some children being able to go longer than others, and this may be due to the one getting more nourishing milk. It is not the quantity but the quality to be considered. Do not allow baby to lay with nipple in its mouth either day or night. After nursing lay it down or away, begin its education early and thus save your strength and health.

Should the baby want to nurse continually indicates does not get sufficient to satisfy its hunger and if after nursing a time, ten to fifteen minutes (depending how free the flow of milk is) there is pain in the breast and baby is not satisfied, remove it from the breast and

feed to satisfaction. A child should not be nursed during or immediately following a paroxysm of grief, fear or anger on the part of the mother, lest serious trouble follows. Children nursing under such circumstances have been seized with spasms and death resulting quickly. Before nursing, the mother should regain her composure and the milk previously secreted be drawn from the breast and not given to child. The cream and water still the best food, in proportion of cream one part to water two parts with a little sugar. If supply of nurse is not sufficient for the full time, may feed baby most during the day, reserving the breasts for the night. As the baby ages and demands more nourishment, do not let it over-nurse or nurse when there is no milk, as this will, if persisted in, bring on exhaustion to the mother, and an underfed or poorly nourished baby will be fretful and a great care to the mother. And if allowed to over-nurse during the night the mother gets up more weary than on retiring.

Sometimes a baby when the milk is abundant, a while after nursing throws up the milk seemingly unchanged, yet the baby will be

well nourished and thrive. In other cases along with the vomiting of the milk is a lack of nourishment and growth indicating an indigestion. At times when the baby is nursing one breast the other is leaking and the baby is losing this quantity; the mother thinking she has an excess of milk and the baby is underfed. A mother after many weary nights with baby, to my suggestion she did not have sufficient nurse to satisfy the baby, said that could not be for the baby would nurse an hour at a time if she would hold it. This with the baby's fretfulness and lack of growth convinced me the milk was deficient and when the baby was given additional food, began to grow, lost fretfulness and was a comfort.

I might here relate a little experience with first baby. Had nursed and slept till near midnight, when she woke up crying, would take hold of nipple give a draw or two, let loose and cry; could not be pacified. We felt if she was hungry would hold on to breast, but getting nothing she was discouraged and had no other way of making her wants known but by crying, and cry she did. We felt there



must be something causing a severe distress (and there was, for the pain of hunger to a child is intense); we had early decided when baby should cry we would be sure it was not from the clothing or a pin. So we undressed the baby, found no evidence of a wicked pin, she crying the meanwhile. Then we felt colic must be doing its work, so our domestic remedies were brought into use. Essence of peppermint, paragoric and warm flannels over bowels, baby laid on stomach across the lap and jolted to Danbury and back. Still no relief. Then earache thought of and had been told what agony that was to a baby, so our limited knowledge was again brought into use. A drop of laudanum with three of glycerine put in the ear with the warm flannels applied and still no relief. Then we were sure it must be those dreadful teeth, what else could it be? So the paragoric was now applied to the gums and as no relief to the pain, and the crying if possible increased, we using our best efforts and wearing the carpets out in our midnight walk were getting desperate, when baby in her desperation sobbed out "pie, pie." Aged but 10 months, her vocabulary was of

few words, but in her distress from hunger there was a call for "pie, pie," (we in our limited experience took this literally.) Our stock of pie consisted of one and that one a pumpkin pie (very appropriate to the occasion). A small piece was brought in devoured and the call "mo' pie, mo' pie." Again a small piece. After several trips for small pieces, brought in the remainder of the pie and when quite a piece had been eaten she fell asleep with a piece in her hand, then we passed a new resolution that when baby cried we would be sure it was not from hunger (and after experience would not advise the feeding of pie to a baby.)

I call to mind a call in haste to see a baby. On arrival found her crying violently and they doing everything but the right to pacify her. On close questioning found had been well during the night, mother nursing her before getting up and leaving her asleep. Examination gave no evidence of being sick and the cry was not of that character pointing to any disease. I asked the mother when she had nursed her. On reflection she said not since on getting up in the morning, it then being 10.

I suggested she nurse the baby and when her hunger was satisfied she dropped off to sleep.

Babies often fret and worry from thirst. If the breast is offered or the bottle given will take them, which only increases the thirst and fretfulness and the overloading of the stomach causing an indigestion with fever and an increased thirst. Several times a day offer the baby water.

I have in my twenty years experience often been thankful that I was not the first baby for new parents to experiment with.

When a child has to be fed artificially I consider the cow's milk the best food. Get the milk from one cow, a fresh and healthy one (Jersey preferred.) May sterilize the milk by heat. To three months of age one part milk to two parts water and sweeten to degree of mother's milk. Over three months' may increase the proportion of milk and at six months equal parts of milk and water, the lime water will be a good addition and may be used in proportion to one fourth of the water used. Each time the food is prepared, measure the milk and water accurately. Use the milk with its cream and it would be well to boil

the water used, especially in warm weather.

To the query to what age should a baby nurse? Not to exceed a year and it would generally be better to wean them at ten months. The idea that a child should nurse through the second summer is a mistake, for if the mother has sufficient nurse in quantity and quality, the getting overheated and other causes will render the milk unfit for the baby while the greater number will lack the ability to nurse longer than the ages suggested and I have said much as to the evils of over-nursing.

After the breast is taken from the baby, the best food is the cow's milk diluted to suit the age and sweetened to degree of mother's milk.

If at any age the baby vomits or passes from the bowels hard curds of milk, use a less proportion of milk. Mother's milk as compared with the cow's milk has more sugar and less casein (cheese), so we add water to dilute the casein and sugar to bring up to sweetness of the mother's milk.

The baby's bowels should move once each day at least and when they fail to do so, use

the syringe with plain warm water at a regular hour each morning. This I think is preferable to giving medicine. It is not a good plan to keep a child sitting over vessel too long with straining for if constipated will tend to prolapse the bowel. In hot weather do not dress the baby too warm. If so, will make it fretful and tend to produce bowel troubles. Flannels over bowels during second summer are not needed, but do harm. If morning and evenings are cool slip on an extra skirt or wrap for the time, but during the heat of the day dress lightly and cool.

How often should a baby be bathed? This depends some on the vigor of the baby and the season of the year. May bathe oftener in warm than cold weather. A sponge bath twice a week is often enough, then if after the bath the baby is well rubbed with cocoa butter will keep the skin in a healthy condition. On preparing baby for the night, after removing day clothes, gently rub the body to relieve the pressure of its clothing and if not well nourished oil with the cocoa butter.

There is a prevalent idea that a child receiving an injury to the head by blows or

falls should not be allowed to go to sleep. This is an error. They should be allowed to go to sleep immediately if so inclined and get their sleep out. At all times when a child wakes up allow it to lay awhile if it will be-fore taking it up or talking to it. A child if talked to too much will have its brain unduly developed, hence a child surrounded with numerous older people will be talked to too much and receive too much attention.

If a child swallows anything of the character of a button, coins, pins or any solid substance, do not give a physic as this will most likely delay its passage from the bowels and render it more liable to do an injury. Inspect and if need be wash passages from bowels through a seive to know whether or no object has passed and thus relieve the mind from worry.

A child should always be put to bed warm and if not warm should be warmed by artificial heat, especially see that the feet are warm before going to sleep and by so doing will save much sickness and anxiety, especially in the way of preventing croup and diseases of the chest.

A good maxium, keep the feet warm and head cool.

A child in previous good health is suddenly or with but little warning siezed with a spasm which is frightful to witness by new and inexperienced parents. While frightful, not in itself serious or dangerous, so keep cool and collected and do that which will relieve the spasm. Strip the child and immerse the body in warm water in which a little ginger or mustard has been dissolved, meanwhile bathing the head, especially above the ears and the back of the head (where greatest heat is.) Do not place a wet cloth on the head but allow free evaporation. When spasm has relaxed lift body from water, dry with a soft towel and place in a light blanket. Keep the feet warm and head cool. Flannels wet in warm mustard water and wrapped about feet and limbs over which are dry cloths are good. If head still hot lay on rubber bag filled two-thirds full of cool (not iced) water, changing water as often as it gets warm. The bag prevents wetting pillow, raises the head up so that the air may circulate about and cool it. If bowels have not recently moved

give an injection to move them and some mild physic to clear out the bowels. Darken the room, keep quiet and allow a good sleep. If proper care is had a second spasm is not likely to occur. Spasms thus coming on are usually the result of indigestion. Spasms occurring during the progress of the many diseases to which children are liable, are a serious complication as indicates disease of the brain or its membranes. Sometimes the diseases of childhood are ushered in by a spasm.

A child may have a chill and pass unnoticed, the symptoms if observed would be the ears and nose, hands and feet cold, with finger and toe nails purple, followed by more or less fever. When a child is feverish and fever does not readily yield, strip and wrap in a folded sheet, wet in warm water, let remain for ten to fifteen minutes, dry with soft towel then wrap in a light blanket.

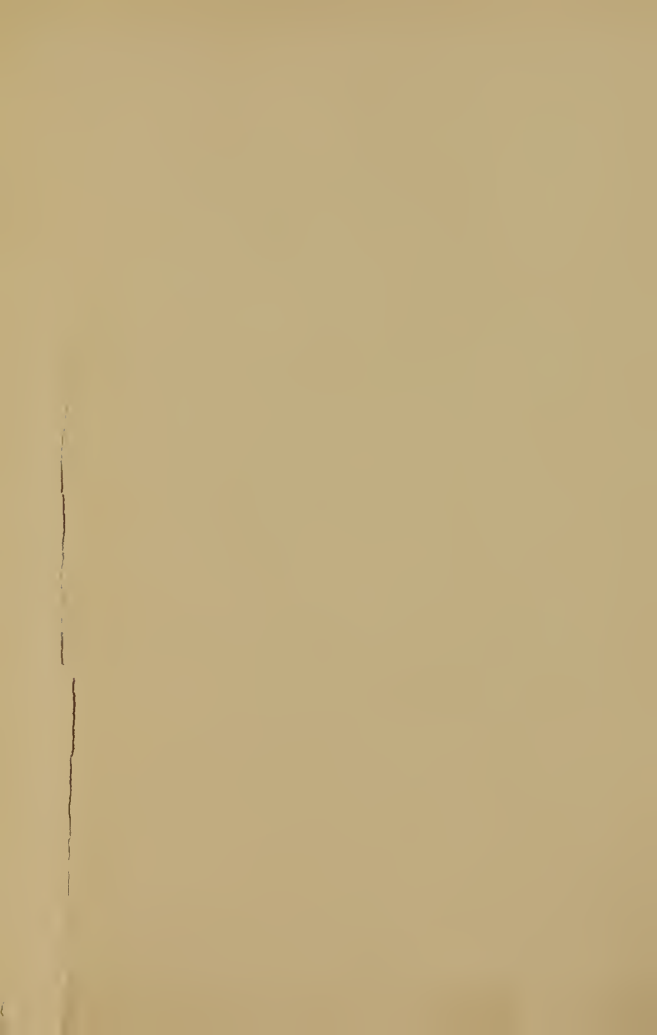


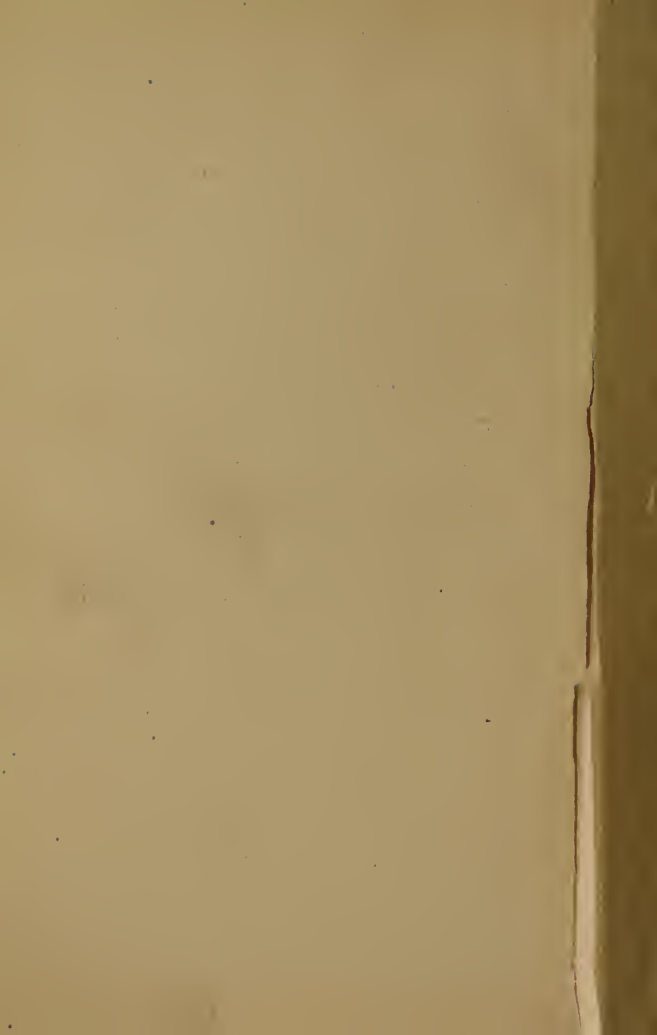
## CHAPTER VIII.

The foregoing chapters having been prepared principally for the prospective mother, I feel it well to say something to the prospective father for his guidance during this period.

He may by his affection, thoughtfulness and care say and do much to ameliorate the conditions present. He can give sympathy, have patience and practice self-denial. He should be as fond of his own home outside of business hours as he was formerly of hers and if the time comes she cannot go out he can afford to give up his lodge and club life for home life, remembering all day he has been away and in business associations and transactions there comes more of a change to him than to her in her labors. Cultivate a habit of leaving the annoyances of shop, store and office behind; do not carry business worries home but so far as possible assist to relieve those at home. Cultivate a habit of appreciation and do not fear or fail to express it. Cultivate the habit of assistance about

the home for remember however much help may be had the burdens of life fall heaviest on the mother. If differences arise as to the education of the children settle these between yourselves when alone and not in the children's presence, always remembering a good example is the best teacher.





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